



PRAYING INTO EASTER

April 6

Focus for Today:

Today we will focus on how we express our worship of God. You may want to reflect on the ways you physically express worship to God. Read the Psalm for today and reflect on various physical ways of expressing worship. Walk. Run. Bike. Swim. Dance. You could consider the active interests you have and dedicate them to God. Pray before you begin the activity, and take time to thank God for the ability to move. Remember that there is no wrong way to worship, but that worship can occur everywhere. Take a chance by leaving your comfort zone and worshiping in a different way or in a different posture.

Daily Scripture:

Psalm 95:6-7: Come, let us worship and bow down. Let us kneel before the LORD our maker, for he is our God. We are the people he watches over, the flock under his care.

Prayer Example:

Father, I kneel before You today in worship of You! Thank You for watching over me and caring for me in all the ways that You do. As I continue to worship You, I pray that You continue to expand my view of You and the many ways I can pursue You through worship. Help me find new ways today to posture myself in worship both physically and spiritually. In Jesus' name I pray, Amen.